

The Many Faces of Cystic Fibrosis

By Hannah Dolhai

Cystic fibrosis does not discriminate. While it is hoped that our CF community recognizes that this rare disease is found across every demographic, sadly, misdiagnosis and adverse treatment for people of color remains not only a poor historical legacy, but a present refrain.

Through the Faces of CF Diversity & Inclusion Program, CFRI aims to dispel the myth that CF is a disease impacting only White people of European descent. CFRI acknowledges that people of every race and ethnicity are impacted by CF, and is committed to elevating the needs of all people through advocacy, research, education, and support. This commitment is led by members of CFRI's dynamic Diversity & Inclusion Advisory Committee, who—in tandem with patients, family networks, care teams and educators—create resources that speak directly to the diversity of the CF community.

Since the top of the year, CFRI has expanded the number of Spanish and Hindi videos and podcasts available online by adding transcriptions to multiple English-language recordings. Additionally, new video and audio content in Spanish has been created to highlight what patient assistance resources CFRI has to offer. To further advance CFRI's commitment to web-based accessibility, the Spanish resources page on CFRI's website has been updated. It is CFRI's hope to continue expanding ways to disseminate the robust offerings of the organization to



members of the CF community in linguistically inclusive ways.

Tapped into the needs of the CF community, CFRI knows that patients and caregivers experience greater levels of anxiety and depression than the general population. For those with multiply-marginalized identities, compounding stressors related to racial discrimination, isolation, and poor accessibility for non-English speakers are present. CFRI's monthly virtual community meeting for the Spanish-speaking CF community aims to mitigate these stressors by offering a supportive space for Hispanic and Latinx individuals to find community through connection.

It is CFRI's hope to be a resource to not only those within the United States, but across international borders. To achieve this, CFRI continues to expand its outreach to patient-led organizations worldwide, most recently to 14 Latin American CF organizations. With these projects and commitments, CFRI continues to make diversity, equity, and inclusion pillars of the organization's values so that all people are supported throughout their CF journey.

For more information go to <https://tinyurl.com/2wecpat7>.

This program is made possible through grants from Viatris, Vertex Pharmaceuticals and Gilead Sciences.

CFRI's Cystic Fibrosis Wellness Classes: Virtual Programs to Improve Physical and Mental Health

CFRI's wellness program was developed in recognition of the positive impact of movement and exercise upon one's physical and mental health. These online classes are free, fun and interactive, and are open to those with CF, as well as their parents, spouses, partners and siblings nationwide. Participants have the opportunity to improve their physical and emotional health while working out in a supportive online environment.

Classes are held on alternating Thursdays (4:00 pm PT / 7:00 pm ET) and Saturdays (9:00 am PT / 12:00 pm ET), and offer a range of movement, from Yoga and Mat

Pilates to U-Jam, strength building, and mobility. You can register for the Thursday and/or Saturday track, and attend as many classes as you would like. You will receive a reminder with a link either the night before or the day of each class.

No experience is required for any classes, and all abilities and mobilities are welcome!

For the complete schedule and to register, go to cfri.org/wellness-classes/.

CFRI's CF Wellness Classes are sponsored by Vertex Pharmaceuticals and Viatris, with additional support from individual donors through CFRI's Dance Like a Fool event.

